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You Can Keep Your Baby Safe

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Bedroom Safety

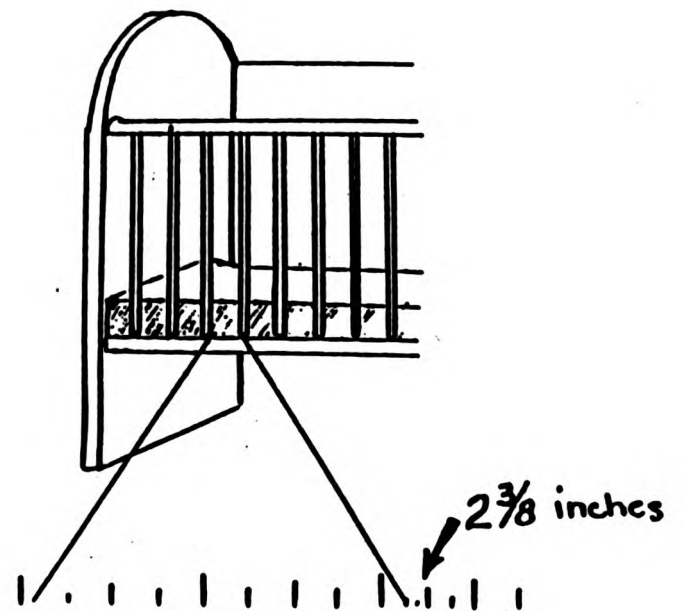
Hand-me-down and older cribs can be unsafe.

Is the space between the crib bars smaller than $2\frac{3}{8}$ inches? (If the space is too big, your child could slip through the space and strangle in between the bars.)

Yes
☐

No
☐

TIP: Use the ruler on this page to check. If the bars are too far apart you can weave cloth in between the bars to keep your child from falling through.



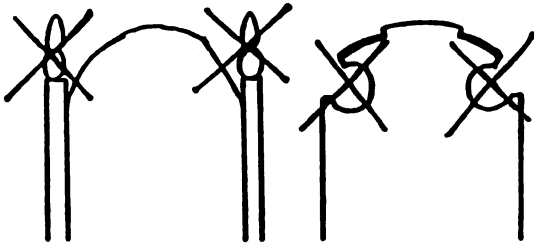
Are the corners of the crib level with the top of the crib rails; with no corner posts sticking up?

Yes
☐

No
☐



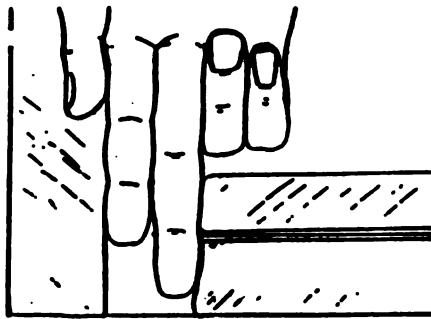
TIP: If you answered NO, unscrew the corner posts or saw them off so they are level with the top of the crib rails.



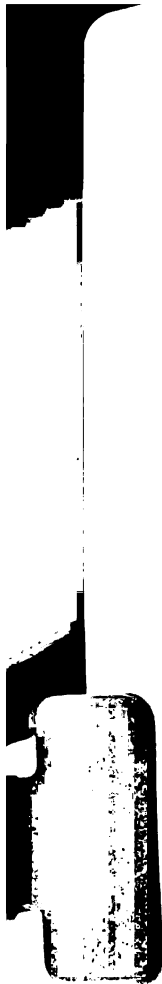
Does the mattress fit snugly against the sides of the crib so that no more than two fingers can fit in the space?

Yes
☐

No
☐



TIP: If you answered NO, place rolled towels between the mattress and the sides of the crib and check them each time you use the crib.



Is the mattress covered by a waterproof
mattress pad, not a plastic bag or a garbage bag? Yes No
☐ ☐



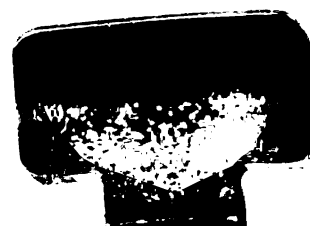
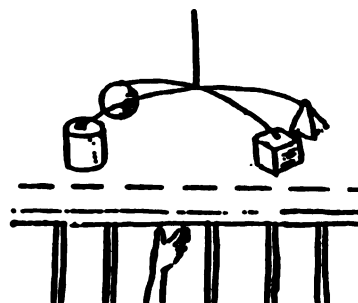
TIP: Children cannot breathe if they
get a plastic bag over their nose
and mouth. Use a waterproof
mattress pad to protect the
mattress.

Is the crib far away from electric cords,
drapes and curtain cords? Yes No
☐ ☐



TIP: Children can strangle if a cord
gets around their necks. Move
the crib away or tie the cord up
so it is less than 6 inches long
and out of your child's reach.

Are mobiles and hanging crib toys kept out
of your child's reach? Yes No
☐ ☐

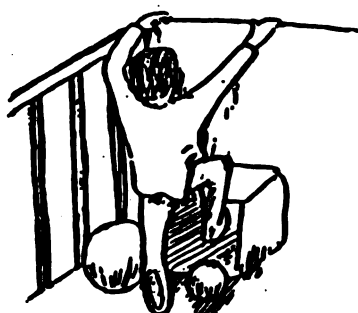


Are strings on crib toys and pacifiers removed so that children cannot be strangled?

Were bumpers, toys and mobiles removed as soon as your child could push up?



TIP: If your child can push up, remove bumpers and toys from the crib. Children will use anything they can to help them climb out of the crib. Your child can fall out of the crib.



Does an adult always stand next to the child with a hand on the child when the child is on anything above the ground (changing place or bed)?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>



TIP: Your child could roll over while being changed and fall. Gather things you need before you start changing the baby. If you forget something, take your baby with you while you get it.

Bathroom Safety

Children can't tell what is medicine and what is candy. They may try to eat anything.

Are medicines, vitamins, and cleaning supplies stored out of reach in locked cabinets?

Yes
☐

No
☐



TIP: If your child swallows something they should not, call a poison control center right away.

Electric items can cause an electric shock if they fall into the sink or bathtub while they are plugged in.

Are hair dryers, space heaters and other items always kept away from the water and unplugged after you use them?

Yes
☐

No
☐

Young children have tender skin and are easily burned if the tap water in the sink or bathtub is too hot.

Does an adult always test the water with an elbow before putting a child in the tub?

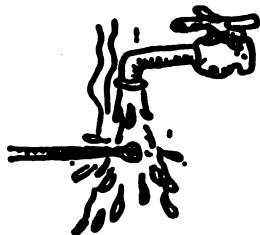
Yes
☐

No
☐





TIP: Very hot tap water can cause burns. Check your hot water temperature. Run hot water for 3 minutes. Use (meat or candy) thermometer to check the temperature. The temperature should be 120°F or less. If the water is too hot, talk to your landlord about lowering the temperature or installing an anti-scald device or lower the temperature yourself.



Children can drown in very little water. They can even drown in the toilet, in a bucket, or in the bathtub. They can turn on the hot water and cause burns.

Does an adult always stay with the child while he or she is in the bathtub? (Do not ask older children to watch younger children in the bathtub.)

Yes
☐

No
☐



TIP: Take your child with you if you have to answer the phone or doorbell while your child is in the tub. **NEVER** leave your child alone or with an older child in the bathroom or tub, not even for a minute.



Kitchen Safety

Children are curious. They will grab onto anything they can reach (appliance cords, mugs, pot handles or table cloths).

Are coffee and tea mugs and other hot foods kept out of reach (away from the edge of a counter or table)?

Yes
☐

No
☐



TIP: Many children are burned by hot liquids their parents are holding. Put your coffee or tea cup down before you pick up or hold your child.

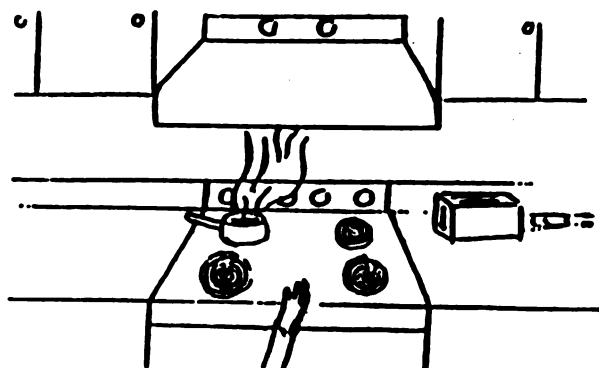
Are pot handles always turned toward the back of the stove?

Yes
☐

No
☐



TIP: It is a good idea to use the back burners on the stove for cooking.



Are appliance cords kept wound up and out of reach?

Yes
☐

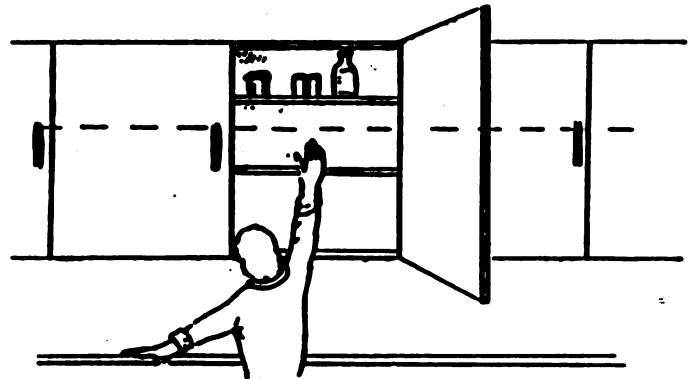
No
☐

Young children do not know what they should not put into their mouths. They also try to copy adults "taking medicines."

Are matches, cleaning supplies, medicines, and vitamins stored high out of reach in locked cabinets?

Yes
☐

No
☐



Children under 4 can choke on round, firm foods like grapes, peanuts, hot dogs, raw carrots and hard candy.

Are these foods kept away from young children?

Yes
☐

No
☐



General Safety

A working smoke detector gives you and your family extra time to get out of your home if there is a fire.

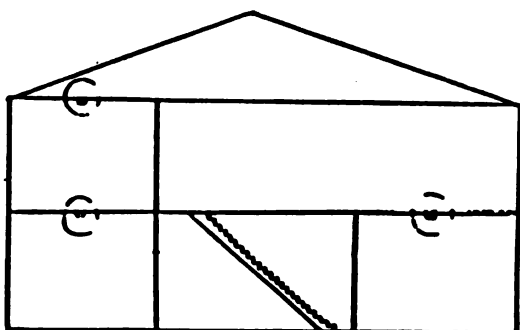
Are there working smoke detectors on every floor of your home?

Yes
☐

No
☐



TIP: Smoke detectors should be placed on the ceiling or high up on walls outside all sleeping areas. You can buy smoke detectors in your local hardware store. They usually cost \$6 to \$25. Check with your local fire department. They may have free smoke detector programs.

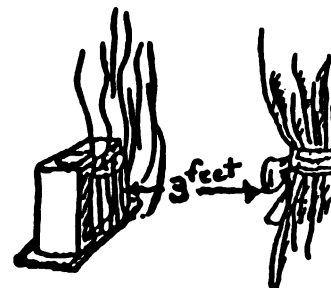


Do you test every smoke detector once a month? Yes ☐ No ☐
Are the batteries replaced every year? ☐ ☐



TIP: Use the test buttons on your smoke detectors to test them. Replace old batteries. Never remove the batteries for use in toys or radios.

Are space heaters kept at least three feet away from crib, beds, clothing, curtains, furniture and paper? Yes ☐ No ☐



Are matches and lighters locked in a cabinet that is higher than your shoulders? Children as young as 2 can start fires with lighters. Yes ☐ No ☐



Toys meant for older children may have

- small parts
- batteries
- electrical parts.

These can hurt young children.

Children may also choke on balloons, even pieces of balloons that have broken.

Are these toys kept away from infants and younger children?

Yes
☐

No
☐

Other hazards to watch for:

Are plastic bags kept away from young children?

Yes
☐

No
☐

Are alcohol and cigarettes kept away from young children? They are poisonous.

Yes
☐

No
☐

Are guns and other firearms kept out of the house?

Yes
☐

No
☐

✓ **TIP: Do not keep guns and other firearms in the house. If guns are in the house, unload them, lock them up and keep the keys out of your child's reach. Store the gun separate from the bullets.**

Are toddler gates used at the top and bottom of stairs?

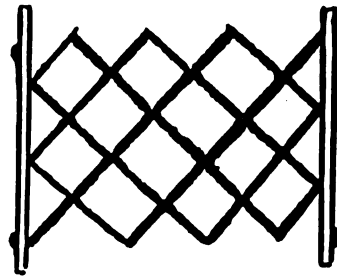
Yes
☐

No
☐

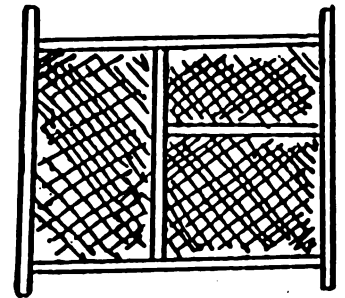


TIP: Gates with big spaces between the slats should not be used—children can get trapped in the openings.

NO



YES



Are all plants placed out of your child's reach? Some house plants are poisonous.

Yes
☐

No
☐



TIP: Call your local poison control center to find out if your plants are poisonous.



Are children kept away from open windows
to prevent falls? Yes No
☐ ☐

Do you have window guards to keep children from
falling out of the window? Yes No
☐ ☐



TIP: Screens are made to keep bugs out but are not strong enough to keep children in. Move chairs and other furniture away from windows to keep children from climbing near the window. It is safer to open windows from the top so children cannot climb out.

Congratulations!!

By reading this booklet you have taken important steps to keeping your children safe.

There are other things that you can do to keep your children safe, like using a car safety seat every time your children are in the car. Check with your doctor or clinic for other safety tips.



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